

Parmesan Basil Biscuits

READY IN



40 min.

SERVINGS



12

CALORIES



148 kcal

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 2.5 cups flour all-purpose
- 2 tablespoons basil dried fresh minced
- 3 tablespoons olive oil
- 0.3 cup parmesan shredded
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

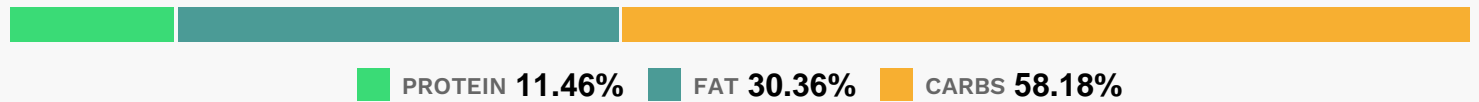
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, combine the flour, cheese, basil, baking powder, baking soda, salt and pepper. Stir in buttermilk and oil just until moistened.
- Turn onto a lightly floured surface; gently knead three times.
- Roll dough to 1/2-in. thickness; cut with a floured 2-1/2-in. biscuit cutter.
- Place 1 in. apart on an ungreased baking sheet.
- Bake at 400° for 16-18 minutes or until lightly browned.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:14.91, Inflammation Score:-2, Nutrition Score:6.2200000341982%

Nutrients (% of daily need)

Calories: 148.4kcal (7.42%), Fat: 4.98g (7.67%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 20.52g (7.46%), Sugar: 1.07g (1.19%), Cholesterol: 3.62mg (1.21%), Sodium: 286.31mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Selenium: 10.06µg (14.37%), Vitamin B1: 0.22mg (14.35%), Vitamin K: 13.78µg (13.12%), Folate: 50.88µg (12.72%), Manganese: 0.25mg (12.49%), Calcium: 115.75mg (11.58%), Iron: 1.95mg (10.81%), Vitamin B2: 0.18mg (10.47%), Phosphorus: 79.73mg (7.97%), Vitamin B3: 1.59mg (7.97%), Vitamin E: 0.61mg (4.07%), Fiber: 0.97g (3.87%), Magnesium: 13.68mg (3.42%), Copper: 0.06mg (2.89%), Zinc: 0.36mg (2.42%), Potassium: 75.09mg (2.15%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.27µg (1.8%), Vitamin B6: 0.03mg (1.48%), Vitamin A: 54.46IU (1.09%)